Tuesday, October 15, 2013

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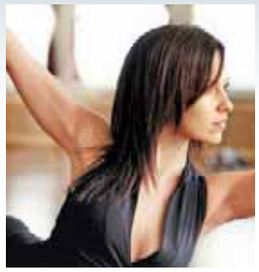
TORONTO metro®

WORK IT, MAMA

CELEBRITY YOGA INSTRUCTOR AND NEW MOM HILARIA BALDWIN TELLS US ABOUT HER SHRINKING TUMMY AND POST-BABY FITNESS PAGE 22



Thanksgiving miracle in a trailer park

A B.C. man is extra thankful this holiday as a fundraising campaign to get him into a new home nears its goal PAGE 8

Interview with the vampire lit queen

Anne Rice talks bloodsuckers and witches and wolves (oh my) ahead of the release of her latest gothic novel PAGE 17

Ticats take down Argos

Hamilton spoils QB Ricky Ray's return from a shoulder injury as the Double Blue are undone by inconsistency and penalties PAGE 31

NEWS WORTH SHARING.

Ottawa urged to account for child-care benefit

$17.5B tab. New research paper suggests feds need to tell taxpayers where the $100 a month is going

By the end of this fiscal year, the Harper government will have spent about $17.5 billion on the Universal Child Care Benefit.

But nobody knows how parents are actually spending the monthly $100 benefit that goes to every child under age six, says a new research paper being released Tuesday.

Ottawa can't say if the money has eased the severe shortage of child care in Canada, where more than three-quarters of mothers with young families work and where there are licensed spots for only 21 per cent of kids under age 12.

It doesn't know if the money has made child care more affordable. Nor can the government say if the monthly cheques have helped more parents stay home with their young children, said child-care expert Martha Friendly in her report.

In the leadup to Wednesday's federal throne speech, which is rumoured to include more goodies for families, Friendly suggests Ottawa should be accounting for the money it is already spending before promising more.

In January 2006, the Harper government tore up child-care agreements between Ottawa and the provinces that would have committed $5 billion over five years towards building a national child-care system. Annual reporting on how each province spent the federal money was part of those agreements. But the annual $2.5-billion Universal Child Care Benefit, introduced in July 2006, carries no such transparency, says Friendly, who heads the Toronto-based Child Care Resource and Research Unit.

TORSTAR NEWS SERVICE

Following the trail

"Seventeen billion dollars isn't lettuce. Canadian taxpayers deserve to know if this money is being spent effectively." Martha Friendly, report's author

WALK OF FAITH

Muslim pilgrims pose on Mount Arafat on Monday near the holy city of Mecca in Saudi Arabia, one wearing a mask due to fears linked to the MERS virus. An estimated two million Muslims from nearly 200 countries gathered around Mount Arafat, where the Prophet Muhammad is believed to have delivered his last sermon. Hajj is a central pillar of Islam and Muslims are required to perform the pilgrimage once in their lives. FAYEZ NURELDINE/GETTY IMAGES

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Serving 1,600 with a smile

Alex Lee, 13, who volunteered with his parents and a sibling, takes a plate to serve from another volunteer at The Good Shepherd Centre on Monday. The centre served some 1,600 meals to the needy during their annual noon Thanksgiving meal. It was a hectic scene, with a lineup of visitors wrapped around the block outside while volunteers in coloured aprons swung between tables. The room was filled with the low rumble of friendly chatter, peppered with the sporadic laughter that typifies big family get-togethers.

COLIN MCCONNELL
TORSTAR NEWS SERVICE

Dense living: T.O. tries to get the balance right

How much is enough?
Grandiose triple tower Mirvish-Gehry downtown condo proposal brings up pertinent question

Quoted

"This is a critical question for the city. We need to figure this out, and this is key to the work we're doing."

Toronto's chief planner, Jennifer Keesmaat

How dense is too dense?

For city planners and urban designers, that question represents an essential predicament of the times: the challenge of building more compact, green living spaces that don't swamp infrastructure or sully communities with untenable congestion.

It also reverberates in the debate over the grandiose triple-tower development proposal on King Street West that's being pushed by theatre magnate David Mirvish and renowned architect Frank Gehry.

Toronto's chief planner, Jennifer Keesmaat, has expressed "serious concerns" over how the already jam-packed downtown strip can handle an influx of people living in three new 80-storey towers.

"I don't think we as a city have an obligation to absorb this much density," she recently said.

And yet, many agree — including Keesmaat — the city must get denser; the question of how, and how much, is vital to shaping the Toronto of tomorrow.

"There are good ways to do density and there are bad ways to do density, and a big part of the difference is design," said Keesmaat in an interview Monday, citing access to light, privacy and quality public space as important factors.

Urban density has become a hot-button issue in cities around the world, particularly as awareness of climate change has amped up pressure to curb the use of fossil fuels, said Tribid Banerjee, chair in urban and regional planning at the University of Southern Californian's Sol Price School of Public Policy.

There's a widening consensus among urban planners, Banerjee said, that the postwar suburban boom, wherein the "American Dream" was defined by wide lawns and family drives on open roads, isn't feasible anymore. TORSTAR NEWS SERVICE

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Waterfront marathon makes case for paying elite runners

Exposure. While many U.S. road races have stopped paying appearance fees to top runners, organizers in Toronto say elites add big value to the event

As the Scotiabank Toronto Waterfront Marathon approaches, the roll call of world-class participants grows almost weekly.

In late September, Ethiopia's Netsanet Abeyo confirmed she would run here, and a week later organizers announced her countryman Deressa Chimsa would compete too.

When October arrived, Kenyan Henry Sugut announced plans to claim the Waterfront Marathon course record.

Those competitors will join a field of about 60 elites lining up this Sunday — runners whose fast times add cachet to the event.

But they're also line items on marathon organizers' budgets.

Earlier this year the U.S.-based Competitor Group decided it would stop paying appearance fees to elite runners at the roughly 80 races it organizes, deciding instead to focus on the recreational runners who constitute the majority of competitors.

Waterfront marathon race director Alan Brookes, is committed to paying elites to compete, and says top performers benefit races in ways that transcend mere numbers.

"City marathons are the top of the heap because they embrace everybody, and there's an interactive energy (between elite and recreational runners)," Brookes says, pointing out elite runners increase the race's media exposure.

Increasingly budget-conscious race organizers are foregoing the expense of paying elites in favour of the revenue generated by the fee-paying rank and file.

"It's not a great thing to hear as a competitive runner," says Guelph-based elite runner Eric Gillis, who finished fourth in 2011. "But it's just a sign of running's popularity. It's getting so big that financial companies are taking over races and doing it for money, but that happens in a lot of other areas too."

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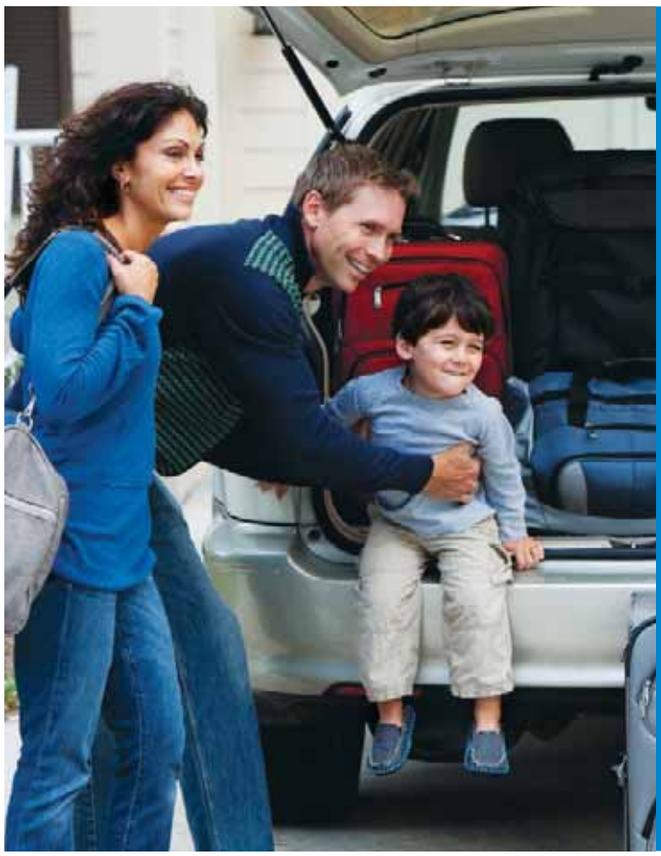
Marathoner Eric Gillis says running is getting so popular that big companies are taking over races and doing it for money. TORSTAR NEWS SERVICE



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Debbie Douglas TORSTAR NEWS SERVICE

Young immigrants urged to become Canadian citizens

A national website and mobile app will be launched Tuesday to help young immigrants learn about the importance of getting their Canadian citizenships in light of tightening government rules.

The website, citizenshipcounts.ca, and its accompanying Android/iPhone app explain the benefits of becoming a citizen and the application process as well as providing preparation materials for the citizenship test.

More important, there is a myth-busting section that aims at dispelling misinformation about becoming a Canadian citizen such as having to give up one's citizenship and passport from the home country, and how getting charged or convicted with a crime will affect a person's immigrant status.

"Many immigrant and refugee youth are unsure of what it means to be a Canadian citizen, or are unaware of their citizenship status," said Debbie Douglas, executive director of the Ontario Council of Agencies Serving Immigrants, an umbrella organization of 200 groups behind the initiative.

"Complications arise if they try to travel or get charged with a crime. We are confident that citizenshipcounts.ca will help change that trend."

TORSTAR NEWS SERVICE

In numbers

While the number of new citizenship applications has grown from 242,000 in 2008 to 317,440 in 2012, the number of newcomers granted citizenship has continued to drop from 176,572 to just 113,142 in the last five years — after a new citizenship test and residency questionnaire were introduced.

Tiny footsteps

Fall brings with it promise of mice

Mice entering residences and buildings this time of year is a common problem for many in Toronto, says Kevin Smith of pest-control company Innovative Care of the Environment.

The mice are coming! ARTSONLINE

"Mice are voracious breeders. They will reproduce every two months with a litter of five to seven mice. It doesn't take long for a mouse infestation to reach 100," Smith said.

The deer mouse can carry the deadly Hantavirus. TORSTAR NEWS SERVICE

'Domestic situation'

Details scarce in weekend murder

The details surrounding a fatal stabbing over Thanksgiving weekend remained murky even after a suspect appeared in court. Areef Khan, 34, was arrested Sunday after police found Leila Chandrapaul, 37, stabbed to death in her apartment at 33 King St. Khan faces a single charge of second-degree murder.

Police described what happened inside the 19th-floor unit as a "domestic situation," but would not clarify the relationship between the victim and the suspect. TORSTAR NEWS SERVICE

Film fest's rap documentary underscores native struggle

Alias. ImagineNATIVE seeing more films contributed by female directors

LIZ BROWN
liz.brown@metronews.ca

Festival details

ImagineNATIVE runs from Oct. 16-20 at various venues in Toronto. Visit imagineative.org for more information.

It was on a volunteer trip to Kenya that Michelle Latimer had one of those life-changing moments.

The year was 2005 and she was volunteering at an HIV/AIDS clinic for sex-trade workers. As a disillusioned actor, she was looking for more in life. "I'm a strong believer that you should try to contribute in this life and I didn't feel I was doing that in the way I wanted to with acting," she says.

She'd brought a small video camera to Kenya, which pointed her down another path. As she was volunteering, the women approached her with a simple request: that she record their stories as a legacy for their children. "I realized the power of film at that moment," she says.

Latimer will be screening her documentary Alias at the imagineNATIVE film festival, an event that celebrates the works of indigenous people from around the world.

The film follows a group of Toronto rappers and their struggles. Latimer concedes that some people have wondered what that topic has to do with the indigenous experience, but she says there are plenty of parallels. "It's a film about what happens when you are classed because of your race. A lot of these guys are second-generation Canadians, so it's finding an identity in a country where they're pretty new."

Latimer, who is Métis, says she can relate to the search for identity. "As a Métis person, you're always straddling two worlds."

She's just one of several female filmmakers to showcase their work this week. Out of 101 films, more than half were made by women — a remarkable number in light of the study released earlier this year at Sundance that found in the last decade less than five per cent of studio films were directed by women.

Latimer believes the explanation for the high numbers may be rooted in culture. "Women ... are the keepers of the voice of the vulnerable. So a lot of women are voicing stories that need to be told from an indigenous perspective," she says.

From the Idle No More movement to artists like A Tribe Called Red and the recent release of Joseph Boyden's novel The Orenda, it would seem the last few years have been a cultural renaissance for Canadian First Nations.

Latimer sees it as something else, though. "I think we've always had those artists in our community," she says. "I think what is new is that there is a greater appetite on a wider level in society for our work.

"There is a quote that epitomizes the strength of our artists and the Idle No More movement," she adds.

That quote is from Métis leader Louis Riel: "My people will sleep for 100 years, and when they awake, it will be the artists who give them back their spirit."

Michelle Latimer will screen her documentary Alias at the imagineNATIVE film festival in Toronto. CONTRIBUTED

Female voice

"Women in our culture are considered the keepers of the water and what that means is they are the keepers of the voice of the vulnerable." Michelle Latimer

RICK MERCER REPORT
This week Rick snorkels with seals at Forillon national park in Gaspe, Quebec.
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British Columbia.
Surrey man thankful for help getting new trailer

It was a Thanksgiving Stephen Chalmers will never forget — the good nor the bad.

Chalmers suffers from mental illnesses and fell into a deep depression after the power was accidentally cut a month ago to his home in the Beladean Trailer Park in Surrey, B.C.

He had accepted a buyout from the landlord to leave the property, but discovered afterward that he couldn't because his leaky 1989 trailer is too broken down to be accepted at most other trailer parks.

His sister, Marilyn Chase, doesn't have a computer or use the Internet, but with Metro's assistance, she started a $5,000 fundraising campaign to buy her brother a used but newer trailer. By press time Monday, the campaign had raised $4,660.

"As far as I can understand, it seems to be pretty successful, which is really amazing to me, all these people who don't know us from Adam are pitching in. It's wonderful," she said.

"It means that I can sleep at night, because I know that my brother's not going to be stuck there forever and ever."

The search is now on for a trailer dealer or seller who is willing to offer a great deal on a used trailer for Chalmers — one that doesn't leak and has functioning propane and water hookups.

Chalmers said because of the campaign, he sees "a light at the end of the tunnel" that wasn't there before, but wanted to stress that there are still eight other tenants at the park who are just as scared about their future as he is.

"I'd like to thank everybody that's helping me, but I really need everybody to help them, too," he said through tears.

KATE WEBB/METRO IN VANCOUVER

How to make a donation

To donate to the campaign, visit metronews.ca/newtrailer

Baby born in jail dies weeks after 1st birthday

Autopsy scheduled.
Julie Bilotta mourns the loss of her son Gionni, whom she was forced to give birth to in an Ottawa cell

Police in Cornwall, Ont., are investigating the sudden death of a one-year-old boy who was born on the floor of an Ottawa jail cell in September 2012.

In a statement on their website, police said they responded to a Cornwall home shortly after 5 a.m. Sunday for a 13-month-old child without vital signs. The boy was later pronounced dead in hospital.

On Sunday morning, the boy's mother, Julie Bilotta wrote on her Facebook page:

"How could this happen to us life will never be the same! We love you Gionni mommy will be with you soon."

Bilotta was in jail last year facing drug-trafficking and fraud charges in April. She was forced to give birth in a jail cell after guards allegedly ignored her pleas for help. The incident sparked outrage among the public and some correctional and medical staff involved in the incident were disciplined.

An autopsy is scheduled in the coming days.

"As is the provincial standard, such cases are automatically investigated by the Regional Coroner's Office, with the assistance of the police, to attempt and determine the cause and manner of death," the police statement says.

Bilotta's lawyer, Lawrence Greenspon, told Metro the boy had suffered respiratory problems "on and off," since birth.

SEAN MCKIBBON/METRO, WITH FILES FROM JOE LOFARO

Julie Bilotta, who gave birth in an Ottawa jail cell in September 2012, holds her son at the Elizabeth Fry Society of Ottawa on Oct. 18, 2012, after being granted bail in Cornwall. Cornwall police are now investigating the death of the one-year-old boy. JOE LOFARO/METRO FILE

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U.K. police: Timeline of Madeleine McCann case 'significantly changed'

British police said Sunday the timeline and version of events surrounding the disappearance of Madeleine McCann has "significantly changed," allowing them to build their most detailed reconstruction of the case yet.

London's Metropolitan Police said that investigators have been able to "place more significance" on events the night the then-three-year-old vanished from a Portuguese resort in May 2007.

Det. Chief Inspector Andy Redwood says Scotland Yard's investigation has "significantly changed the timeline" and accepted version of events of that night. He did not elaborate, but said he hopes when the public sees the new reconstruction more information will come in that will move the investigation forward. THE ASSOCIATED PRESS

Last year Kate and Gerry McCann released a missing poster depicting an age-progression computer generated image of their daughter Madeleine at nine years of age. SANG TAN/THE ASSOCIATED PRESS FILE

New research

Chemical linked to possible risk of miscarriages

New research suggests high levels of BPA, a chemical in many plastics, might raise the risk of miscarriage in women. The work is not enough to prove a link, but it adds to "the biological plausibility" that BPA might affect fertility and other aspects of health, said Dr. Linda Giudice. THE ASSOCIATED PRESS

Asia

Canada to give Laos $1M to help with cluster bombs

Canada is planning to answer a plea by the South Asian country of Laos and restart funding to help it cope with its infestation of deadly cluster bombs.

Foreign Affairs Minister John Baird is to announce a $1-million contribution during a trip to Laos Tuesday. THE CANADIAN PRESS

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TORONTO HYDRO

People detained by police line up for identity checks at a vegetable warehouse on the outskirts of Moscow on Monday. DENIS TYRIN/THE ASSOCIATED PRESS

Workers hit by race riot, then cop raid

Russia. Warehouse had been the target of people seeking justice for stabbing death

Russian police on Monday swept through a vegetable warehouse, rounding up over 1,000 migrant workers, checking their documents and loading them onto vans to be investigated for criminal activity.

The raid came the day after demonstrators, angry over the stabbing death of an ethnic Russian man, descended on the warehouse where they believed the killer was working, throwing bottles and trash, smashing windows and turning over cars. Police detained hundreds of rioters.

Men who worked at the warehouse in Biryulyovo were marched outside. Dozens of people gathered at the market nearby to pledge their support to the rioters, venting their anger at the migrants from the predominantly Muslim Caucasus region, whom many Russians accuse of pushing up the crime rate and taking badly needed jobs.

Andrei Galiakberov, spokesman for the Moscow police, described the roundup as part of a "pre-emptive raid" and said that some detainees are being investigated for possible criminal connections.

Police also said that they found a car full of cash and unlicensed arms.

Elvin Khassan, who moved from Azerbaijan to Biryulovo, faced off with an ethnic Russian man who was waving photos of the suspected killer in his face, shouting, "You are hiding one of your own! Hand him over!"

Most of those in the crowd said they supported the rioters, who they said could be relied on more than the police to protect the neighbourhood.

"They protected us; they are patriots," said Elvira Abdulosimova, a retiree. "They had a little riot … and attracted attention (to the issue)."

THE ASSOCIATED PRESS

Ethnic tension

Standoffs are becoming more common between ethnic Russians and natives of the Caucasus.

- Even though Caucasus natives are from the same country, they are required to register in order to live in Moscow and face regular discrimination.

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65	61	41	166	94	285	183

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Africa. Foundation can't find country worthy of prize for accountability

Accountability on the African continent did not have a good 48 hours. On Sunday, the African Union said an international court should delay its trial of Kenya's president. And on Monday, the Mo Ibrahim Foundation declined to give its annual good governance award — and $5 million US prize — to any former African leader, saying none had earned it.

A new measurement released by the foundation on Monday found that 32 countries on the continent have seen a decline in the categories of safety and the rule of law since the year 2000, as violence inside borders rises.

Mo Ibrahim, a British mobile phone magnate who was born in Sudan, said his foundation should not lower its standards in order to present the award every year and that young Africans are taking leadership more seriously now. "Africa is changing, and the young African generation is different," he said.

THE ASSOCIATED PRESS

The Hague

Kenya's President Uhuru Kenyatta, centre left, is due in The Hague, Netherlands-based ICC next month, but there are growing indications that he will not go.

- Kenyatta and Deputy President William Ruto both face International Criminal Court charges for allegedly helping to orchestrate 2007-08 post-election violence.
- In a summit of African leaders on Sunday, the African Union said it would petition the UN Security Council to have Kenyatta's case deferred.

Thailand

Rihanna's tweets lead to arrest of bar owner

Thai authorities have arrested a bar owner in connection with a lewd sex show mentioned in racy tweets by pop star Rihanna during her recent trip to Thailand, officials said Monday, two weeks after an Instagram photo of Rihanna with a protected primate led to the arrest of two other men.

Officials in Phuket said Monday the bar owner faced charges of obscenity and operating an entertainment venue without a permit. Local district chief Weera Kerdsirimongkon said the man was arrested Saturday in a crackdown on shows featuring naked dancers.

THE ASSOCIATED PRESS

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Canada looks to fill skilled-labour gaps

Touchy topic. While employers recruit workers from Ireland, debate rages at home on how to fix the tradespeople shortage

The current shortage of skilled tradespeople in Western Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president.

In fact, even if one-in-five students graduating from high school in B.C. during the next three years were to pursue a trade, there still wouldn't be enough workers to fill shortages in the province's construction industry, said Abigail Fulton.

Not everybody agrees with the recruitment drive, especially the province's labour leaders who argue employers can find skilled, unionized Canadian workers to fill immediate, vacant positions.

Yet, a consensus is developing that there will be a shortage of skilled workers in the coming decade, as proponents of the liquefied-natural-gas industry, hydro-electric projects and oil and gas pipelines push their proposals forward.

"There's lots of evidence to suggest we're not doing enough to train construction workers in skilled trades in British Columbia, and if even half these projects come through we're going to have a crisis unless we start now to deal with the problem," said Jim Sinclair, president of the BC Federation of Labour.

The provincial government's statistics indicate there will be more than one million job openings over the next decade, and more than 153,000 of those will be among trades, transport, equipment operators and related occupations.

Carpenter Daniel O'Sullivan, of Ireland, poses for a photograph in Vancouver, B.C., on Saturday. The current shortage of skilled tradespeople in Western Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president. DARRYL DYCK/THE CANADIAN PRESS

Retirements will be responsible for two-thirds of the vacancies, and new economic growth will be behind the remaining third, states the British Columbia Labour Market Outlook 2010-2020.

In the B.C. construction industry, about 30,500 jobs were expected to go unfilled by 2012, according to the association's own statistics.

THE CANADIAN PRESS

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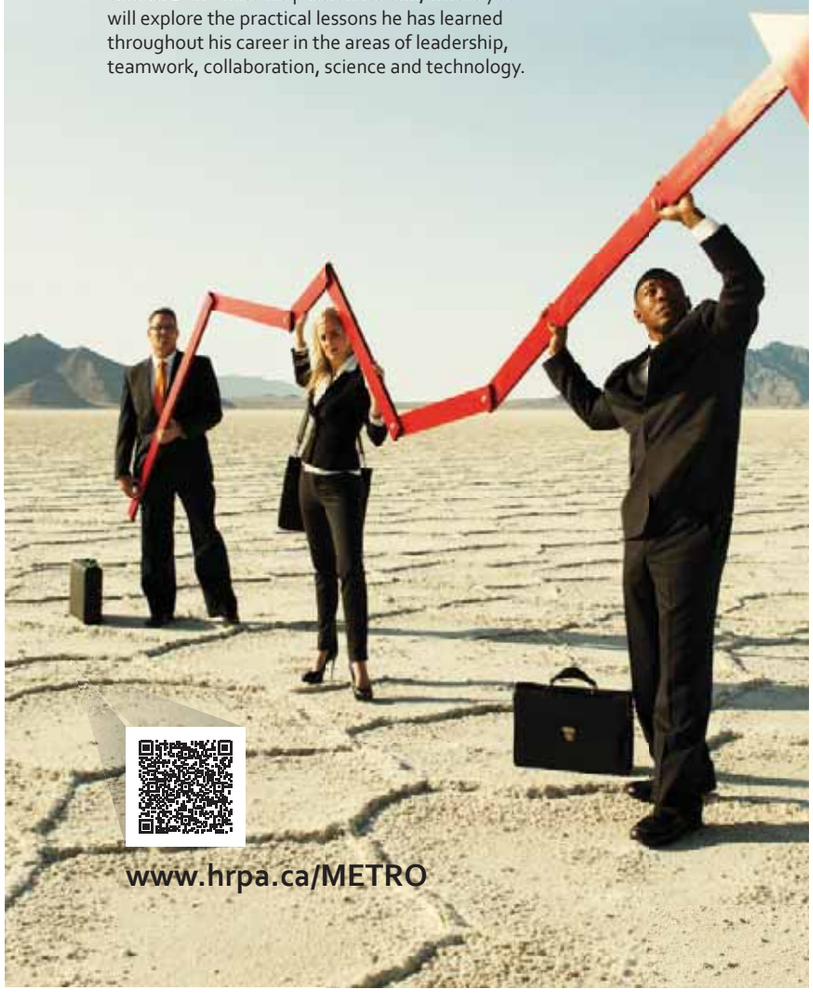

www.hrpa.ca/METRO

Call and response. HTC follows Apple's lead with new fingerprint sensor

At your neighbourhood coffee shop, you can order your beverage in small, medium or large. Now, you can do that with phones, too.

HTC Corp. is introducing a larger version of its popular HTC One phone, becoming the latest phone maker to offer its flagship device in three sizes — and, of course, three prices.

The new HTC One Max has one feature unavailable on the smaller models: a fingerprint identification sensor similar to that on Apple's new iPhone 5S. It's an optional way to unlock a phone without using a four-digit passcode. Unlike Apple's version, however, the Max can be programmed to automatically open one of three favourite apps, depending on which finger is used.

HTC spokesman Tom Harlin said the company designed the Max with a fingerprint sensor to make the larger device easier to operate with one hand. Engineers also moved the power button to the side. On smaller models, it's on top of the phone, when held vertically. THE ASSOCIATED PRESS

The new HTC One Max phone will have one feature unavailable with the smaller models: a fingerprint identification sensor similar to that on Apple's new iPhone 5S.
HTC CORP./THE ASSOCIATED PRESS

Open letter

BlackBerry asks for loyalty amid restructuring

BlackBerry is appealing to its customers to stay with the troubled smartphone maker as it restructures.

In an open letter released Monday afternoon on Twitter, BlackBerry tells its "customers, partners and fans" that they can continue to count on the Waterloo, Ont.-based company. THE CANADIAN PRESS

Expanding empire

Facebook opening first office in Israel

Facebook says it is acquiring an Israeli mobile technology startup and opening its first office in Israel.

Facebook said in a statement Monday that Israeli mobile utility application developer Onavo would help the social media giant create better mobile products. THE ASSOCIATED PRESS

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THE CHEEKY SIDE OF SCIENCE

SHE SAYS

Jessica Napier
metronews.ca

This week I learned something that is going to radically change the way you pose for photos. Are you ready for it? Make sure to work your angles ladies and gentlemen because the left side of your face is actually more attractive than the right.

While each one of us believes that we're a unique snowflake with different flattering (or not so flattering) facial features, research shows that we actually all look our best from a specific angle. A 2012 study published in the Experimental Brain Research science journal found that men and women perceive and rate the left side of the face to be more pleasant and visually appealing than the right. Now before you develop a complex about your hideous right cheek, I'll let you in on the science behind this quirky fact.

The left side of the face is more emotive, which means we express our emotions more intensely on the left compared to the right. Researchers argue that this facial asymmetry is theoretically the result of a left brain/right brain divide. The right side of the brain regulates our emotional thought and expression; and since each hemisphere controls the opposite side of the body, our emotions register more powerfully on one half of our face.

Still with me?

Essentially, the emotional right brain causes the left side of your face to appear more easy-to-read and consequently, more attractive. Unless of course that powerful emotion leaves you with a furrowed brow and red-eyes while sobbing, in which case you better hope no one is sitting to your left.

If you've ever sat for a graduation portrait or a professional headshot you'll recall the painful process of tilting your chin ever so slightly up and to the right, to achieve the most photogenic angle. And a quick survey of Instagram photos reveals that even the most casual snap-happy users have caught on to our preference for left-sided selfies.

Even before the days of smartphone cameras (or any type of cameras for that matter) artists preferred to paint portraits this way as subjects who were painted in left-cheek poses we perceived to be more open and creative and yes, more beautiful. The famous Mona Lisa of course has her best cheek forward.

So next time you find yourself in front of a camera and insist that you be photographed from your "good side," you'll actually have some science to back up those high-maintenance demands.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

I'm going to go out on a limb

COURTESY A.MASOW DESIGN STUDIO

New way to climb a tree invented

The Tree in a House design provides the ultimate retreat from the hustle and bustle of city life.

"We were approached by a client who wanted a place to meditate and relax on the weekend," says designer Aibek Almasov of A.Masow Design Studio. He continues: "the cylindrical shape provides relaxing, 360-degree panoramic views." METRO

Four-storey glass house a sanctuary

The four-storey sanctuary in Almaty, Kazakhstan – prefabricated in a factory and delivered to the forest floor – will be constructed from glass and metal, with plasterboard inner dividing walls and wooden flooring. Indeed, living here is far from getting back to basics with the 'tree house' boasting a kitchen, bio toilet and even a shutter, should you want to keep any peeking critters at bay. METRO

Can't see the house through the trees. COURTESY A.MASOW DESIGN STUDIO

Cost

$381,000

is the cost of the project.

Height

12.7 m

or 42 feet, is the height of the building.

Worth Mentioning

Insect's last supper discovered ... 46 million years later

In a steamy tropical forest 46 million years ago, a prehistoric mosquito bit a critter, drew blood and was blown into a lake in what is now the northwestern state of Montana. Belly full, she died and sank.

Flash forward to the present. Researchers found the minuscule female insect fossilized in a paper-thin piece of shale — which had sat in someone's basement for 25 to 30 years with other rocks — and concluded it still contains its last supper. A study in the Proceedings of the National Academy of Science reports a first for biology: A blood meal found intact in a fossil.

While the scenario sounds eerily similar to the Michael Crichton book and movie Jurassic Park, no new T. rexes will result.

This insect drew blood in its last meal, was blown into a lake, belly still full. THE ASSOCIATED PRESS

Unfortunately for would-be dinosaur cloners, the mosquito flew long after dinosaurs went extinct, and its meal was probably blood from a dino descendant, a bird.

Scientists have long thought that DNA from other critters couldn't survive in insect fossils, said the study's lead author. So this is more of a look-what-we-found, that starts out like early chapters of the sci-fi thriller.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: Google wants to attach your name, photo and product review to ads. Is this intrusive or innocuous?

@theaveragetwit: Will this be my big break at becoming a model? #google

@ShonaLiz: I already opted out. Same reason I quit facebook — too intrusive and to much work to always check to opt out

@cynthiabigrigg: As a blogger ALWAYS looking for exposure, I love this idea! But I appreciate that it can be opted out of, too.

@MA6hp: If google wants to use my name in an ad, they should have to pay me.

@MariapiaW: Beyond intrusive for me. Glad I was never really active on it.

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DVD review

Pacific Rim

Director. Guillermo del Toro

Stars. Idris Elba, Charlie Hunnam, Rinko Kikuchi

Getting in touch with your inner 12-year-old, as Guillermo del Toro sincerely hopes you will via this robots versus monsters mash-up, has never been this big, loud or awesome.

Even if you smirk at the plot conceit of mind-linked humans inside skyscraping robots fighting blockbuster sea beasts, the technical prowess on display can't help but impress.

In mounting this tribute to the Japanese movie monsters he has adored since childhood — dino-sized Godzilla, of course, but also the likes of multi-headed Ghidorah, spiky Rodan and winged Mothra — del Toro and his team have laboured to make a complete sensory experience.

Through the welcome presence of Rinko Kikuchi, del Toro has also taken pains to put an intelligent and resourceful woman into his testosterone-rich scenario.

Robots, monsters and gender equality, too? Pacific Rim is more than just a blockheaded blockbuster. Extras include a commentary by del Toro, deleted scenes and making-of featurettes.

PETER HOWELL

Fifty Shades of speculation

Charming. Powerful. Controlling. Fit. Who will take over the role of Christian Grey, now that Sons of Anarchy star Charlie Hunnam has quit Fifty Shades due to "scheduling difficulties"? The moviemakers, including author E.L. James, have the benefit of being able to look to social media for suggestions. And the leading favourites are:

METRO WORLD NEWS

Alexander Skarsgard

The True Blood star has the right look, what with his sexy vampire eyes. Says Kerry Gooderson on Twitter: "Haven't even read Fifty Shades but if Alexander Skarsgard was in it I might be persuaded to see it!"

Ian Somerhalder

Another bloodsucker, this time from Vampire Diaries. Says Monique Black on Twitter: "Please please please pick Ian Somerhalder to replace Charlie Hunnam in 50 Shades Of Grey movie!! #happygirlseverywhere"

Matt Bomer

The openly gay star of White Collar gets a vote, too. Says Ashleigh on Twitter: "sorry but literally THE only thing that would make me remotely interested in the 50 Shades film would be Matt Bomer"

Taylor Kinney

Lady Gaga's boyfriend stars on Chicago Fire. Says Shirley Rodriguez on Twitter: "Just heard @TaylorKinney111 has been nominated to be #CHRISTAINGREY #50shades. So estatic to hear this! Perfect match"

Robert Pattinson

American Psycho author Bret Easton Ellis claimed that "E.L. James and I were at Rob Pattinson's house when she admitted Rob was first choice for Christian." Now's his chance! (Ellis, by the way, votes for porn star James Deen.)

Ryan Gosling

Not gonna happen, ever, sorry ladies. Just teasing — we thought you liked that. Now… more importantly… who's gonna replace Dakota Johnson?

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The X-Files. Still looking for the truth, 20 years on

David Duchovny and Gillian Anderson are up for another X-Files flick.
THE ASSOCIATED PRESS

After 20 years, it's possible for the details of a relationship to get fuzzy.

Just ask David Duchovny and Gillian Anderson, who first premiered their roles as FBI agents Fox Mulder and Dana Scully on The X-Files two decades ago. The series aired nine seasons and resulted in two feature films.

While the two were unsure where they left their relationship in the show and films, the 53-year-old Duchovny and 45-year-old Anderson both said they're open to making a third X-Files movie.

The actors got together Saturday to mark the 20th anniversary of the series' premiere. They participated in a panel discussion for fans at The Paley Center for Media in New York.

When asked where their characters left off, the two weren't completely clear on the specifics.

"Well they (Mulder and Scully) were married the last movie," Duchovny said, referring to 2008's The X-Files: I Want to Believe.

"Were we actually married?" Anderson asked.

"I believe so. That was my impression," he responded.

Their characters did become romantically involved in the TV series and were a couple during the 2008 movie. However, it was not clear whether they were married.

Both actors are clear, however, about their interest in another X-Files film. "All the principals are on board," including X-Files creator Chris Carter, Duchovny said. "Gillian and I want to do it, so it's really up to Twentieth Century Fox at this point." THE ASSOCIATED PRESS

Box office

Gravity eclipses Captain Phillips

Gravity won't be held down. The Warner Bros. astronaut adventure starring Sandra Bullock and George Clooney landed in the top spot at the box office for the second weekend in a row. Gravity earned $44.3 million, raising its domestic total to $123.4 million. Sony's Captain Phillips launched in second place with $26 million. And the animated Sony movie Cloudy with a Chance of Meatballs 2 gobbled up third place with $14.2 million.
THE ASSOCIATED PRESS

The mother of vamp tales reflects on genre

Anne Rice. As author releases her latest gothic novel offering, she talks the resurgence of the supernatural

ANDREA PARK
Metro World News in New York

Anne Rice wrote about vampires decades before the Twilight trend and now the queen of gothic fiction is releasing her The Wolves of Midwinter, the sequel to her popular book, The Wolf Gift. Metro spoke with Rice about her work and pop culture's gothic renaissance.

What do you think of this huge resurgence of vampires, werewolves and everything supernatural?
I really don't know what to make of it. I've been watching it now for a number of years. It's like horror fiction finally went mainstream. I think it's good; it means more and better authors are writing more and better books about supernatural entities and that's great. It wasn't like this 20 or 30 years ago, so I'm quite delighted. I think it's a golden age for us readers who love supernatural fiction and films and TV. Great shows — unbelievable, wonderful shows — are happening with vampires, witches and wolves and I'm hoping my stuff will be on the small screen soon, too.

We may soon see Anne Rice's work on the small screen. GETTY IMAGES

Will we see any of your work on TV anytime soon?
Angel Time, the novel I wrote about Toby O'Dare working for the angels, has been optioned by CBS. I'm very excited about it. The producer, Carl Beverly, is first rate and so are his associates. They have some of the best shows on TV right now.

Do you watch horror TV shows?
I've enjoyed a lot of it. I protect my mind from what's too close to my own turf. I enjoy True Blood because it's so different. I love watching that wonderful, fictional town of Bon Temps, La., come to life. Charlaine Harris and Alan Ball have done a wonderful job of it for HBO. I enjoy that enough so I feel entirely comfortable sitting on the couch and watching it. Sometimes if I feel it's too close to my turf, I wish people well but I'm not going to watch it because it's too painful.

I also love Game of Thrones. I'm a huge fan of that. That's fabulous.

Do you feel like other people have taken advantage of your ideas?
I wouldn't assume that they've stolen my ideas. I wish them well — it's just a personal decision on my part that I don't want to watch it, but this is a crowded field. We all influence each other. There are a lot of people writing these things now. I wish everybody well.

You used to have a home in New Orleans and the city has a strong influence on your work.
I'd love to get an apartment in the quarter so I could be there part of the year. I was just looking at some of the apartments for rent. I'd love to spend one month out of the year there. Anyone who's lived in New Orleans misses it terribly. If you don't, something's wrong with you.

On religion...

Anne Rice has had a complicated relationship with religion. Here's what she had to say on the topic:

- "I walked away from all religion two years ago. I came to the conclusion that God isn't owned or controlled of any one product, religion or church. I want to talk to God on my own. I think many, many people have come to that conclusion. We're a growing majority."

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Tom Hanks never misses the boat — even when it stinks

Captain Phillips. Actor endured some cramped and smelly situations

Captain Phillips opened on Thanksgiving weekend. CONTRIBUTED

NED EHRBAR
Metro World News in Hollywood

Tom Hanks has faced plenty of acting challenges over the course of his career, but the tiny, enclosed lifeboat used in Captain Phillips definitely stands out for him.

"I'm not a particularly claustrophobic person, but it was a very small space," he says. "Environmentally, it does a lot of the work for you. It's a very uncomfortable space. It smells horrible. The air is bad. It's hot. And you are right on top of each other. There's a lot of places to bonk our head and crack your knee. We all did that. Everybody had all sorts of various scars."

Hanks stars in the film as the titular Captain Phillips, whose cargo ship was famously hijacked by Somali pirates in 2009, and he insists those less-than-ideal working conditions are actually a huge help. "(Director) Paul (Greengrass) sets up an environment that is very realistic, and I can't imagine doing it any other way," Hanks says.

"There's ways that may have been more pleasant but for everything we needed to go through as actors, that tiny, hot, cramped place with only two little windows on it was a great advantage for us."

The film's crew did try their best to make the cramped environment at least a little more tolerable, but to no avail.

"At one point, they built rubber seats for some of the fight scenes," Hanks remembers, but "literally the rubber seats flapped around. So, we said, 'Guys, we don't think rubber seats are going to work.' So they took those out. We had a little bit of matting on the steel deck of the floor. But, by and large, it's a tiny space and it got pretty physical in there sometimes. We all got nicks and bruises."

But really — and Hanks can't stress this enough — the smell in the replica lifeboat was truly terrible.

"It stank horribly. It was stuffy and small," he says.

"But the actual lifeboat smells even worse because it reeks of diesel fumes, and we had some vomit in there at some point. That's always fun. It was really filthy by the time we got out of there."

While Hanks has racked up plenty of heroic roles — with many based on true stories — he regrets to report that very little of that heroism has rubbed off.

"I'm just a guy who's got a pretty good gig pretending to be other people," he says.

"'Hero' is almost like a branded term now. It's bandied about all the time. People get labelled it left and right. In the end, heroes are ones who voluntarily walk into the unknown and try to do the right thing. It's all relative. Everybody has variations of it. Sometimes it's death-defying and sometimes it's just living up to one's responsibility."

But then, how can Hanks get away with thinking of himself as a hero when even the guy he's playing this time out won't accept the label.

"Richard Phillips doesn't view himself a hero. He was a guy who sat there and waited for the heroes to show up, which is different," Hanks says.

"We all have times in our lives where we can either be a hero, a villain or a coward and I just hope that I'm a coward as little as possible."

Jamie Oliver helps you eat on the cheap

New cookbook. British chef halted one of the 'most beautiful books' he's ever written to give his fans what they wanted — frugal fare

Jamie Oliver is promoting his new book and show Save With Jamie.
CONTRIBUTED

Jamie Oliver didn't plan on writing a cookbook about money-saving meals, but was drawn to the project through countless requests via his website and other social media for "really affordable, delicious, tasty food."

In fact, earlier this year the celeb U.K. chef shelved what he calls "one of the most beautiful books I think I've ever written" to focus on Save with Jamie, a new cookbook and TV series being shown Sunday mornings on Food Network Canada that teaches people how to shop smart, cook clever and waste less.

"I convinced my publisher to allow me to just literally for five months live, breathe and just literally go through the kind of inventory in your average supermarket and look at what was available and then to write recipes that were exciting and dynamic and tasty but by default were really economical and working out per portion a fraction of the price of a junk food take-away," he said during a visit to Toronto.

In a telephone interview ahead of a round-table discussion with various media outlets in Chatelaine magazine's kitchens, Oliver said home cooks can save a lot of money making recipes from the book, published by HarperCollins.

"They're not just economical dishes that are delicious but also looking at how to plan your week better, how to cut waste, how to look at leftovers in a completely different pair of eyes really."

The married father of four laments the amount of food thrown out by consumers.

"Certainly in Britain — it's probably very similar in Canada — the average Brit wastes 40 per cent of everything they buy. That's a load of money to be saved right there."

For the book — his 15th — Oliver and his team came up with 120 meals and put them together in six categories: vegetable, chicken, beef, pork, lamb and fish. There are plenty of tips about stocking a kitchen with everything needed in terms of ingredients and supplies to help with cooking from scratch.

Oliver offers advice on shopping wisely, like getting to know your local grocer, butcher, fishmonger and market, as well as how to stretch ingredients further and use them up. Calories and nutritional information are given too.

"The public are really busy and they want good clear information in nice bite-sized chunks and I really try to give them that."

He adds an international flavour, deriving inspiration from "beautiful food from around the world."

"I quite like some of the flavours and techniques from Persia and that part of the world, which is really exciting at the moment," he said.

"And then obviously with this particular book, literally what I did was buy everything that was quite good value per kilo and put it in a room, and then like right, that's my pantry, let's cook some great food, and that's what we did."

THE CANADIAN PRESS

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I ran for the late-night ghost stories I'll tell my kids around the campfire.

I ran for the look in my mom's eyes when I tell her she's going to be a grandma.

Thank you for all the future moments you've helped create.

I ran for the Sunday crosswords my mother and I will finish together. In pen.

I ran for the hand-picked roses I'll give my wife on our 50th anniversary.

I ran for the ladybugs I'll chase with my kids.

I ran for the joyful day my daughter's daughter will be born.

Thank you to everyone who participated, donated, volunteered and cheered at this year's Canadian Breast Cancer Foundation CIBC Run for the Cure. For over 20 years we've been running for a future without breast cancer, and today we're another step closer.

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Not nearly Time to say Goodbye ...

Q&A. Famous tenor and singer-songwriter Andrea Bocelli talks about loving each song equally and why his loyalty lies with Opera

SZONJA KREZINGER
Metro World News in Hungary

Well known Italian tenor and singer-songwriter Andrea Bocelli was born with poor eyesight and became blind at the age of 12 following a football accident. But since those early setbacks he found fame by winning the Newcomers section of the Sanremo Music Festival in 1994. Since gaining that platform he has recorded 14 solo studio albums and sold more than 80 million records worldwide and is still only 55. He took some time from his busy schedule to chat to Metro.

What do you like to sing more? Opera or your pop songs?
My first encounter with music during my childhood was with the popular voices of the great interpreters of the 20th century — from Enrico Caruso to Beniamino Gigli; from Tito Schipa to Franco Corelli and Mario Del Monaco. When I was about 20, I started to perform pop (a genre of music I did not know before). I would then perform them in the venues where, to pay for my singing lessons, I used to play as a pianist. Basically, instead of comparing pop and classical music I prefer to distinguish between good and bad music. My preference is, however, for opera. It is something that I feel as written in my genes.

How does it feel to sing with pop stars like Jennifer Lopez when your real home is opera, not the pop business?
I am honoured that Jennifer Lopez found time to record Quisaz Quisaz Quisaz, and also for the passion she has put in it, turning it into a jewel, a small masterpiece. Jennifer's voice is a charismatic one having a soft sensuality. In a life I have dedicated to the pursuit of beauty, I think I have learned to read a voice as if it were a book, ready to be flipped through to reveal its contents. So I think I can say I know a bit about the personality of those who express themselves by singing. Because the voice is a mirror to the soul.

Which of your own songs do you like to perform the most?
Each song has its own story and can arouse particular emotions and many memories. In order to perform a song at my best, I must first make it mine. I must believe in it. In one word I must love it. Therefore I could say that every time I perform a song, that one becomes my favourite one.

Andrea Bocelli's heart lies with Opera but he still enjoys singing pop. GETTY IMAGE

What does Time to say Goodbye mean to you, besides the fact that this was the song that made your voice known all over the world?
I am grateful to that song and I am fond of it. Despite its having followed me for my entire pop career, I am still not yet tired of singing it.

Is there an orchestra you like to perform the most with?
I have had the good fortune to work with some of the most important orchestras in the world, each with its own characteristics, with a particular type of sound. I have learned something from each of them. Whenever I am in a theatre or in an arena and I am able to mix my voice with the sound of an orchestra, it feels as wondrous as if it was my first time performing.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kanye keen to wed Kim... I wouldn't rush in if I were him

STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West has reportedly been begging Kim Kardashian to get married, but she's in no hurry. Well, Kanye can take comfort in knowing that once they're finally married, she'll be in a hurry to get a divorce.

Alan Thicke says he thinks his son Robin and his son's wife Paula Patton are poised to become the new Brangelina if they'd only "adopt a few Ethiopian kids." Coincidentally, a majority of people think Alan Thicke could be the height of class if he'd only adopt the habit of not saying stupid bleep.

Beyoncé is releasing a 2014 calendar. It has three months: Beyoncéptember, Beyonovember and Beyoncébruary.

The producer of Dexter blames Showtime for not allowing the writers to let Dexter die in the finale. Everybody needs to calm down about this. How else would Showtime's new sit-com Brody & Dex: Fun-Loving Fugitive Lumberjacks Perhaps Hiding in Canada work?

Ben Affleck and Justin Timberlake's Runner Runner bombs. The two performers will deal with the psychological scars as soon as they dig themselves out from under their money, Grammys, Emmys, Golden Globes and Oscars.

Justin Bieber

Bieber plays the tough guy behind his wall of security

Justin Bieber can't seem to keep himself out of trouble. The Canadian pop star reportedly started a fight in a nightclub in Seoul, South Korea, by sucker-punching Alex Madden, the tour manager of DJ Michael Woods, according to E! News. "Story is (Bieber) and his army of heavy security muscled into the booth halfway through my set in South Korea demanding hip-hop," Woods posted to Twitter following the altercation. "So when I told (Bieber) to f– off and put some clothes on he took a cheap shot at my tour manager and fled behind a wall of security." Witnesses report seeing a shirtless Bieber acting "aggressive" with Woods and Madden before ordering one of his security guards to slap Madden. When the guard refused to obey, Bieber reportedly punched Madden in the face and quickly fled behind his bodyguards.

Twitter

@AlbertBrooks
I wonder how many people in Congress are getting rich by shorting the stock market.

@HackedOffHugh
Apropos of nothing - Boris is paid £250,000 a year by Channel Islands resident twins, is chum of Murdoch and would like to be Tory leader.

@PattonOswalt
Just saw CAPTAIN PHILLIPS. I had the same ordeal in '05 but not on a boat & no pirates. They mixed up my order at Rally's.

Jennifer Lopez ALL IMAGES GETTY

The Smart money is on JLo and Casper splitting

Jennifer Lopez and boyfriend Casper Smart haven't been photographed in public in more than three weeks, and apparently there's a reason for that. Sources tell Radar Online that the couple is heading for a split — and even went through a mini-breakup this summer. "Jennifer is pretty private about the relationship, but she's been hinting that the spark is gone," a source says. "She's having a hard time ignoring the fact that her head has been telling her for a while that this thing with Casper isn't forever. And now her heart's saying the same thing."

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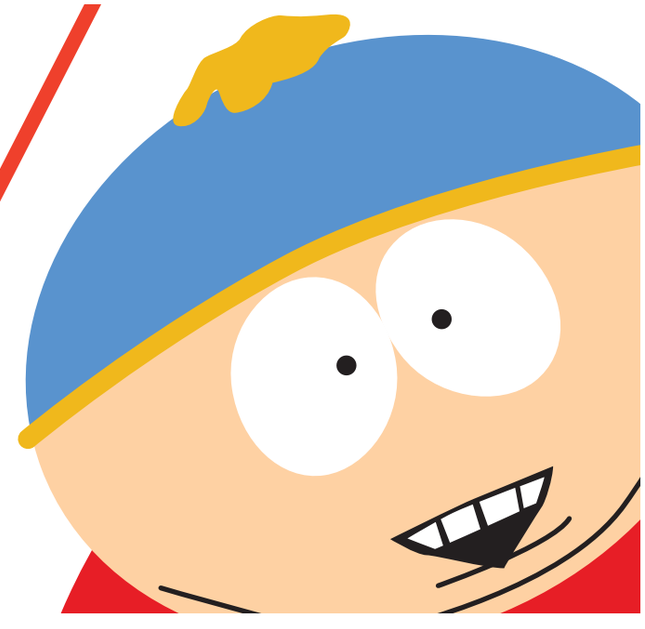

Elisha Dacey

Half Off: Live healthy as a default

Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off/).

It's been a tough couple of weeks for Dacey — moving and getting settled in a new house, gallbladder surgery in September — so you won't be surprised to learn that her weight's been roller coastering (she gained and then lost several pounds over a few weeks). The good news: Dacey is back on track and focusing on her weight loss goal.

"I'm getting there!" she says.

Coaches Cieciwa and Albert understand it's challenging when life throws a curve ball, but point out that making healthy living a habit makes it way easier to manage.

"Learning to maintain healthy habits through stressful times is critical to long-term weight loss and maintenance — and to managing stress and feeling good every day," said Cieciwa.

Many dieters give in to stress.

"But you only get to do this when you are healthy and at a goal weight, and not before. If every stressful week lands you in that mindset, you will never get there," says Albert.

YLVA VAN BUUREN/FOR METRO

Baby bumps and knocked-up diets

Interview. Hilaria Baldwin speaks to Metro about her new fitness DVD and how she lost weight after having her daughter

ROMINA McGUINNESS
life@metronews.ca

As she launches her new Prenatal Yoga DVD, Fit Mommy-To-Be Hilaria Baldwin talks to us about her shrinking tummy and post-baby runs.

Hilaria Baldwin lets moms-to-be in on some fitness secrets. CONTRIBUTED

Many women assume you need to wait at least six weeks after giving birth before they start exercising again. You waited, what, two weeks?
Fitness is something I've done ever since I could walk — I exercised almost every single day of my pregnancy. I walked, did yoga, ballet barre and up until the fifth month, jogged. I wanted to keep circulation in my body and never got swollen feet, ankles or legs. I obviously gained weight, but nothing extreme. There was some fat — as there should be — but I ate well.

What kind of yoga were you doing?
Think about what's going to prepare your body for delivery: you need a strong pelvic floor and you want the baby to travel further downwards. I did a lot of squatting, open twists and hip openers — helping everything release and go down.

Were you on some special knocked-up diet?
It's a diet, but it's not dieting. I ate the stuff I was eating before, just more quantity. So a lot of healthy whole grains, because folic acid is great for the baby's brain development, vegetables, a lot of almonds and walnuts and I added fish to my diet — I'm normally a vegan. I wasn't chowing down on doughnuts. A lot of people were like, 'This is your time to eat sugar!' I didn't want to do that. It wasn't healthy for me or for my baby. It's not a vanity contest.

What, so no cravings?
I think of cravings as, 'I must have this or I'm going to kill somebody.' I never had that. At the beginning I really wanted pineapple and citrus because I was nauseous. It was, 'What can I eat that's not going to make me sick?' And I was a happy pregnant person.

You gave birth and two weeks later, your stomach was pretty much flat! I saw a picture on Twitter.
It's the most bizarre thing. My husband (who has a cameo in the video) and I would laugh because every day we'd wake up and it had shrunk — it was literally going down day by day. At first I was like, 'Oh my God, it's going to be six months and I'm still going to look pregnant!' A lot of it is breast feeding — this is something I didn't know: it burns a lot of calories.

Up to 500 a day, I think
That's what I heard. It stimulates contractions in your uterus that help it return to its normal size. If I'm frank with you, it was the most painful part of my entire pregnancy. But at the same time, I'm looking down at my baby and she's so cute and she's starving. But I enjoy it now.

What advice would you give those new moms who are reluctant to exercise?
If you go little by little, you're always in control; you're not going to get hurt. Be smart, but don't be afraid. Your body is still your body. In the hospital, I started walking up and down the corridors, stretching my ankles and promoting circulation in my arms and legs. The day I got home, my husband and I went for a walk. I was surprised by how tired I was. ... It's hard! You've lost a tremendous amount of blood and you're light headed, but everyday I just felt better and better to the point where I had the guts to do more. I started by giving myself full, very slow yoga classes and by the two-week mark I went to a ballet barre class. After three weeks I went for a jog. My daughter was born five weeks ago today and at this point, I'm doing everything. Did I feel as strong as before? No. But my body told me I was OK and I could go.

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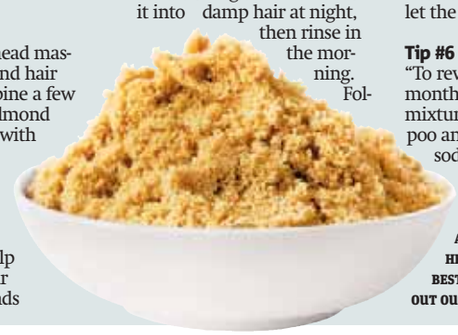
Best Health Magazine

In every issue of Best Health, we have a section called Community Centre, where our readers can send in their healthy living tips. Many of our readers share their home-made beauty secrets. Here are just a few:

Tip #1
"For a relaxing head massage plus scalp and hair treatment, combine a few tablespoons of almond or grapeseed oil with a few drops of lavender and peppermint essential oils. Massage the mixture into scalp in a firm, circular motion. Pull hands through hair to distribute the rest."

Tip #2
"For dry winter skin, mix a 1/2 cup olive oil with a 1/4 cup brown sugar. Gently rub the mixture onto face and legs, concentrating on the extra-dry parts. Then step into a hot shower and let the steam open up your pores for about five minutes, then rinse. It leaves skin silky smooth."

Tip #3
"Coconut oil is a natural hair conditioning treatment. Work it into damp hair at night, then rinse in the morning. Follow up with your usual shampoo and conditioner. It's super-moisturizing and great for sun-bleached hair."



Tip #4
"Use a lemon to scrub under your nails when washing your hands. This will help clean your hands and will also whiten the nails so they look and feel better."

Tip #5
"Deep clean your face once or twice a month by steaming it over a mint- or camomile-infused pot of hot water. Drape a towel over your head and let the steam do its magic."

Tip #6
"To revive dull hair, once a month wash your hair in a mixture of two parts shampoo and one part baking soda. This removes hair-product buildup and leaves hair shiny."

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Michael Douglas.
GETTY IMAGES

Douglas. Star beat tongue — not throat — cancer

Michael Douglas admits he wasn't entirely upfront about his 2010 cancer diagnosis, revealing in an interview on the U.K. talk show This Morning that he didn't actually have throat cancer after all — it was actually tongue cancer.

"(My doctor) said, 'Let's just say it's throat cancer. We don't want to say it's tongue cancer,'" Douglas remembers.

The reason? As his doctor explained it to him, "'If we do have to do surgery, it's not going to be pretty.'"

But Douglas says that's all behind him now.

"With my type of cancer, if you're clean after two years, there's a 95 per cent chance it's not coming back," he explains.

METRO

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APOTEX ADVANCING GENERICS

Some paying for scarification as an alternative to tattoos

Scars. As opposed to typical tats, the skin is cut, etched, burned and branded into a image that is an inkless tattoo-like scar

When Holly Mosienko decided to cover up an unsightly scar on her leg, she stayed away from typical solutions, like plastic surgery or makeup. Instead, she opted for more scarring — this time, in the shape of a tribal dragon.

The procedure, known as scarification, is a form of extreme and permanent body modification that is offered in many tattoo and piercing stores across the country and is gaining popularity.

It involves a process in which one's skin is cut, etched, burned or branded into a design to create an inkless tattoo-like scar. Though it is not as widely practised as tattooing or piercing, it has been around for just as long.

"Branding and cutting is not all that different from tattooing," said Mosienko, 51, who runs a piercing store in Peterborough, Ont.

"It's popular. I'd say it's even more interesting than getting a tattoo."

Mosienko says she chose scarification for practical reasons. A lover of body art, she knew covering up her scar — caused by surgery — with a tattoo would be too painful. The constant pressure of a needle over scar tissue would be unbearable. Rather, she chose to have the design etched into her skin.

The entire process — from sketching the design on her leg to the actual cutting — took about an hour.

Mosienko's artist, 45-year-old Blair McLean of New Tribe Tattoos and Piercings in Toronto, says there are many misconceptions about the practice.

Forget tattoos. Chicks dig scars. NATHAN DENETTE/THE CANADIAN PRESS

He says scarification often hurts less than a tattoo; in fact, all forms of scarification occur on the same level of the skin as tattoos: on the dermis, far above fatty tissues and muscle matter.

The practice is illegal in some countries such as the United Kingdom and several U.S. states. Most recently, the practice was banned in Arkansas, though that bill was overturned after public outcry against the decision. Winnipeg declared the practice illegal in 2008.

A spokesman for the Ontario Ministry of Health and Long-Term Care says there can be severe health risks that result from having these procedures.

"Because certain body modification practises break intact skin and mucus membranes through cutting, burning and piercing, there is an increase in the risk of scarring, hemorrhaging and psychological trauma as well as exposure and infection with blood borne pathogens, such as hepatitis B, hepatitis C and HIV," David Jensen said.

In Toronto, the public health board monitors tattoo and piercing parlours through regular inspections, though officials say they have yet to come across the practise of scarification, which is considered a "personal service."

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Health science

What's in your health products?

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And when scientists from the University of Guelph scoured the DNA in a number of herbal products, they found that many times the labels on the merchandise didn't accurately reflect what was in the container. Some products contained fillers like wheat or rice that were not listed on the label. Some were contaminated with other plant species that could have caused toxicity or triggered allergic reactions. And still others contained no trace of the substance the bottle purported to contain. The study is being published Friday in the journal BMC Medicine. THE CANADIAN PRESS

Halloween candy has hidden dangers. ISTOCK

What's scarier than a ghost? Anal glands and wood pulp

Trick or treat. Halloween candy can have some terrifying ingredients. Here are five to watch out for

ANDREA PARK
Metro World News

Halloween is right around the corner, but it's not just the costumes that are scary. Halloween candy can be full of frightening ingredients that may have long-term consequences for your children's health.

These ingredients are derived from anything ranging from beavers' anal secretions to wood pulp. Vani Hari, food activist and blogger, told Metro to be careful when letting your kids dig into their Halloween loot. Instead of focusing on the nutrition facts, look closely at the ingredients label for the following red flags.

1. Trans fat

Watch out for trans fat in candy and don't be fooled if the packaging boasts, "Zero grams trans fat!" Hari said that if the candy has less than 0.5 grams trans fat, the company is allowed to write zero grams trans fat on the label. But even in such small quantities, Hari said trans fat can be harmful. "Even a small amount of partially hydrogenated oil is linked to heart disease," said Hari. "It hits the arteries hard."

2. Food colouring

Yellow 5, Yellow 6, Blue 1, Blue 2 and Red 40 are all common ingredients in candies like gummy bears, Sour Patch Kids, Twizzlers and Skittles. The Center for Science in the Public Interest in the U.S. released a study linking these additives to hyperactivity, cancer and allergies.

3. High fructose corn syrup

High fructose corn syrup is the most refined sugar available, and Hari pointed out that it is also genetically engineered. She added that the long-term risks of GMOs are still very much unknown.

4. Vanillin

Vanillin is made from wood pulp that is oxidized in a lab — and may be carcinogenic.

5. Natural flavours

"These can be anything under the sun that comes from nature, including beavers' anal glands," said Hari. Flavour manufacturers are not required to disclose what makes up these "natural flavors."

Unfortunately, most common brand name Halloween candies have at least one of the above ingredients. Hari said the lesser evil is plain chocolate, but brands like Endangered Species, Yummy Earth, Justin's and Unreal Candy offer tasty, sweet alternative options.

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After the turkey, go green with easy salad

This recipe serves 12. PRESIDENT'S CHOICE

Want an easy way to contribute to a large family get-together that's healthier than grabbing some frozen apps?

Try this Chopped Salad, which is made in two simple steps and uses a great combo of veggies.

1. In a large bowl, whisk together the garlic mayonnaise and red wine vinegar. Whisk in olive oil, salt and pepper.

2. Add romaine, radicchio, iceberg lettuce, chickpeas, celery, red onion, cherry tomatoes, green olives, red pepper and feta cheese. Toss to coat.

PRESIDENT'S CHOICE

Ingredients

- 2 tbsp (25 ml) PC Roasted Garlic Mayonnaise
- 2 tbsp (25 ml) red wine vinegar
- 1/4 cup (50 ml) olive oil
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1 tub (142 g) PC Organics Baby Romaine, roughly chopped
- 1 small head radicchio, roughly chopped
- Half small head iceberg lettuce, roughly chopped
- 2 cups (500 ml) rinsed and drained canned chickpeas
- 1 inner stalk celery, roughly chopped
- Half small red onion, thinly sliced
- 1 cup (250 ml) cherry tomatoes, cut in quarters
- 1/2 cup (125 ml) pitted green olives, cut in slivers
- 1/2 cup (125 ml) diced sweet red pepper
- 1/2 cup (125 ml) crumbled feta cheese

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Electronic outages such as an Internet shutdown could wreak havoc on financial transactions, which is why it's important to keep a hard-copy backup of important information. ISTOCK

Mad at Rogers? Here's what the cell outage can teach us

Blackout blues. Getting cash, paying bills and trading stocks can all be interrupted when electronic systems fail

YOUR MONEY
Alison Griffiths
money@metronews.ca

Oct. 9, 2013 will go down as the day the world went dark — at least for Rogers wireless customers. OK, maybe that's a bit melodramatic. After all, what are a few hours without cell service?

But as my mother would say darkly, "It's the thin edge of the wedge."

Take the Rogers outage as a warning that electronic systems, from ATMs to email, can fail. And when they do, the repercussions are annoying at the very least, but in some cases, they're potentially significant.

An Internet shutdown could delay bill payments, triggering penalties or interest charges. Without e-banking, you might not be able to complete a time-sensitive transfer of funds.

And what would happen to last-minute types who couldn't make an RRSP contribution in time?

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010 when the Dow Jones plummeted about 1,000 points.

I was in Washington, D.C., and dashed to my computer to buy shares of favourites such as Johnson & Johnson, but couldn't remember my trading password. Gmail had seized up, so I couldn't get into Drive, where the information was stored in encrypted form.

Down the drain

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010, when the Dow Jones plummeted about 1,000 points.

Then, of course, there was the famous blackout of 2003 when the simplest activities from getting cash to gas were impossible. So a word to the wise — be prepared.

Back up critical numbers
Roadside assistance and other important numbers should be in written form and carried with you.

Schedule payments
Have a hard-copy schedule of bills due, phone contacts and personal ID information.

Keep a cache of cash
Have enough for a household to manage for about a week, including gas and groceries.

Back up personal info
Cloud computing makes it easy to relegate data to the cyber sphere. Ensure there's a hard copy available.

Create a backup plan
The day after the Rogers outage, a parent told me that his nine-year-old son was panicked when no one picked him up after hockey practice. Because his cellphone wasn't working he couldn't contact anyone.

Also, he had no cash, no idea how to use a pay phone or how to ask for help. Drill children on what to do in case of a cyber crash. It might be as important these days as a fire drill.

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And here's your moment of Zen

Meditative moments. The author of Walk Like a Buddha describes how a sense of being present can improve your relationships, social life and work

MAJA LUNDAGER PEDERSEN
Metro World News in New York City

Author Lodro Rinzler says if you start taking even 10 minutes to meditate, you'll notice a gradual change in yourself. ISTOCK

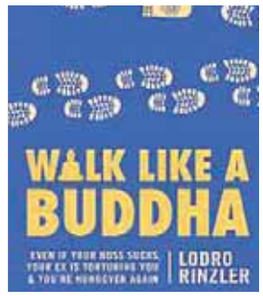
Take a posture that's dignified but relaxed: Sit up straight, and feel grounded as you sense your weight pressing into the floor.

Now connect with your breath. Tune into the rhythmic cycle of your breathing and let that breath centre you in the present moment. When you get distracted, say "thinking" to yourself and come back to the breath. You are now ready to start walking like a Buddha.

Lodro Rinzler, the author of a new book called Walk Like a Buddha, has been practising Buddhism since he was 11, and says his book is a compilation of questions people have asked him about his faith.

"The Buddha walks with a sense of being present with what is," Rinzler says. "And that's what the book communicates. How much can we show up and manifest and be there for our life? Even when our boss is yelling at us, even when we are making love, even when we are out with friends on a Friday night."

The questions revolve around five points: How to get a meditation practice going, and how to apply that practice to your romantic life, your social activities, your charitable endeavours and your work. Rinzler said he looked for "common themes" when choosing which questions to feature.



One statement the author was particularly struck by was, "I don't feel worthy of being loved." He says that based on his experience, that feeling most often originates with something underlying — that the person has been told he or she is not good enough, smart enough, pretty enough and so on. Rinzler feels that it's a general issue in North America, but that meditation can help.

"We all possess the same seed for waking up, becoming in mind like the Buddha. He was not so special. We could do that too. We could have faith in a basic goodness or a basic worthiness," Rinzler says.

The author thinks it's worth a try to see if meditation can change something for you. If it doesn't, though, that's OK too.

"More often than not, if you actually do sit down (and take) even just 10 minutes to meditate, you start to notice a gradual change in yourself," he says. "You start to notice that you are being more present when you are having a conversation with someone. You are less reactive. And that feels liberating."

It helped him a lot, especially when his father became ill. Through meditation he realized that the most powerful thing he could do was to just be present for his father instead of constantly trying to talk to all the doctors and fix all situations.

"The question is, do we always have to try to manipulate and control our situation? And the answer is no."

Forget the turkey —it was a big weekend for celeb weddings

Rose McGowan, 30 Rock's Keith Powell, Mad Men's Ben Feldman, Guns N' Roses' Matt Sorum and Jason Wahler of Laguna Beach got officially hitched on Saturday — but not to each other — while Pharrell Williams celebrated his recent marriage with a big ol' Miami party.

McGowan and Powell each wed artists: McGowan to Davey Detail in Los Angeles and Powell to Jill Knox in New York City.

Feldman decided to take his celebration to the country with his wedding to Michelle Mulitz on a Maryland farm. "No amount of thunderstorms, police chases, government shutdowns or self immolations could keep us from having the best party of our lives," he told People.

Sorum wed on Saturday in Palm Springs in front of celebrity guests Jane Lynch, Juliette Lewis and Gina Gershon. Wahler, whose claim to fame is that he was Lauren Conrad's first serious boyfriend, married a model (does it matter what her name is?) on Saturday in — where else? — California.

Oh, and Williams had a celebration in honour of his hush-hush August marriage to Helen Lasichanh for friends and family in Miami.

According to People, the two were aboard a yacht called Never Say Never before exchanging vows at the Kampong National Tropical Botanical Garden.

And one celeb engagement

Speaking of Wahler, his ex Lauren Conrad became engaged to musician William Tell this weekend — the former Something Corporate guitarist, not the Swiss hero who landed his own overture.

Conrad shared the news on her blog over the weekend, along with a pic of her new bling.

Why she didn't want to marry Aaron Burr or another famous figure from history, who knows?

DOROTHY ROBINSON/METRO WORLD NEWS IN NEW YORK CITY

Rose McGowan GETTY IMAGES

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Why women can have it all ... with a little help from online

Leigh Mitchell saw a need for business resources online. CONTRIBUTED

Women in Biz Network. Leigh Mitchell is focused on helping female entrepreneurs in Canada

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Leigh Mitchell, president and founder of the Women in Biz Network

What: Digital network that offers support and services to women-run businesses, entrepreneurs and members

Where: Based in Toronto with offices in Vancouver

Advice: "Be very careful in your decision to take on a business partner. Again it is like being married — not only to your business but also to your business partner. Date before you get married," says Leigh Mitchell

In today's world where women "having it all" is now the topic du jour courtesy of Sheryl Sandberg, author of Lean In, there's no shortage of advice that can be found online for women curious about navigating their own professional careers or starting their own business.

Leigh Mitchell, founder and president of Women in Biz Network has added her voice to the discussion and is familiar with the challenges women face when marrying business with their personal lives and is hoping to connect and inspire other women across the country. The online company (based in Toronto with offices in Vancouver) has 360 members across Canada and 20,000 subscribers — all women hoping to find success online.

"I definitely feel there is room for improvement. As of 2011, there were almost one million self employed women in Canada and yet when you Google resources for Canadian women there still isn't a lot of resources available at the federal level," she says.

"Western Canada definitely has more assistance than Eastern Canada."

Her first-hand look at the ups and downs of entrepreneurship in her own family helped her with her own business, which she founded in 2011. "Entrepreneurship is in my blood. I came from a family of entrepreneurs and it was through watching my family go through the highs and lows of entrepreneurship that I decided that my future would eventually lead to helping other entrepreneurs. I saw bankruptcy and losing it all," she says.

When asked for advice the entrepreneur believes owning your own business is akin to being in a relationship. "Business is like marriage. A huge, long-term commitment that requires a lot of love, patience and hard work to last." For more information, visit womeninbiznetwork.com.

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'Round the world wisdom

Facing adversity? Giving thanks helps the fight

Facing a river is an obstacle on a journey, but embrace and accept it. ISTOCK

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Gratitude has the power to dramatically help in overcoming adversity. Over the Thanksgiving weekend, what would have been a more fitting lesson to revisit than that of being grateful in the face of adversity. I was only 15 minutes into my Gobi Desert race, and found myself running through a canyon. The ground of this hostile landscape included loose rocks the size of baseballs. My eyes became fixated on the ground, as with every foot plant I bore risk of rolling my ankle. I could feel my first blister forming. Minutes later, it came time to cross a river. I darted straight in and fell. I was now livid. I had signed up to run the desert, not a river! I looked around to see how other runners were reacting and sure enough it was like looking in the mirror: Most seemed upset, angered to now have blisters and soaked shoes with a marathon yet to finish. Then it hit me. "This is what my race is meant to be about. I'm here to learn how to deal with adversity!" I burst out laughing at the irony of being a sitting duck in the middle of the desert. Right then and there I made a promise to myself, one that still persists today: be thankful and befriend every unpleasant surprise. I knew I would encounter hundreds more obstacles: soft sand, scorching heat, wind, dehydration, more blisters, losing my toe nails, and here I was fuming at the first obstacle! We would go on to cross that same river seven more times in the first hour. Yet from that moment onward I laughed at the irony, and thanked the Gobi for sharing its beauty and its lessons. **STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER**

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Drug testing

WADA set to audit Jamaican agency

The world's anti-doping authority is launching an "extraordinary" audit of Jamaica's drug-testing agency following allegations that its policing of the island's sprinting superstars led by Usain Bolt all but collapsed in the months before they dazzled at the 2012 London Games.

The World Anti-Doping Agency's probe follows data the former executive director of the Jamaica Anti-Doping Commission revealed to the Caribbean's oldest newspaper indicating a near complete breakdown in JADCO's out-of-competition testing from January 2012 to the July opening of the Olympics.

THE ASSOCIATED PRESS

NFL

Bills sign QB Flynn

The Buffalo Bills signed free-agent quarterback Matt Flynn on Monday in their latest bid to shore up an injury-depleted position. Coach Doug Marrone said Flynn could serve as the backup to interim starter Thad Lewis against Miami Sunday. THE ASSOCIATED PRESS

NBA

"What we have to do is get a rhythm with a second unit; get them an identity."

Toronto Raptors head coach Dwane Casey after an intra-squad game on Monday at Casino Rama.

Argos quarterback Ricky Ray is sacked by the Tiger-Cats' Torrey Davis during Toronto's 24-18 loss to Hamilton on Monday in Guelph, Ont. FRANK GUNN/THE CANADIAN PRESS

Ray roughed up in return to Argonauts

CFL. Ticats top Toronto for second straight week in top QB's return to Double Blue

Week 16

Ticats	Argos
24	18

Dan LeFevour ran for two TDs while C.J. Gable rushed for one as the Hamilton Tiger-Cats held on to beat the Toronto Argonauts 24-18 on Monday to sweep their home-and-home series.

Hamilton (8-7) recorded consecutive wins for the first time this season to pull to within two points of first-place Toronto (9-6) in the East Division. The Ticats moved four points ahead of third-place Montreal (6-9), which lost 34-27 to Winnipeg on Monday, heading into a crucial home-and-home series against the Alouettes.

But Toronto, which struggled with consistency and penalties all game, made it interesting. Ricky Ray's 13-yard TD to Jason Barnes cut Hamilton's lead to six points at 6:43 of the fourth before a season-high Alumni Stadium gathering of 13,362 in Guelph.

Ray then took over at Toronto's four-yard line with 4:02 remaining and drove the Argos to Hamilton's 37 before being picked off by Hamilton's Arthur Hobbs in the end zone. That was Ray's first interception of the year.

Hamilton also beat Toronto 33-19 at Rogers Centre on Oct. 4. That earned the Ticats the Ballard Trophy but, more importantly, the tiebreaker should the two finish tied in the standings.

Ray had two TD strikes in his first start after missing six games with a shoulder injury. Toronto was 4-2 over that span under sophomore Zach Collaros.

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Leafs hope to tame their D before Wild

NHL. Buds play next on Tuesday against the league's leader in shots against

The Toronto Maple Leafs shook off the effects of Thanksgiving dinner during their Monday practice at the Air Canada Centre.

Having had the day off Sunday, the Leafs returned to the ice to prepare for Tuesday night's game against the defensively stingy Minnesota Wild.

Coach Randy Carlyle had a message for his players Monday — tighten up your own game against a Wild team that leads the league in shots against.

"They lead the league in holding teams to something like 21 shots per game (21.4), so that's an outstanding stat from their perspective … and we have to pay attention to our game, not turn the puck over and allow them that advantage," Carlyle said.

Dave Bolland and Mason Raymond celebrate the Leafs' winning goal on Saturday. TORSTAR NEWS SERVICE

Carlyle was not about to underline negatives with his 5-1-0 club. While the team's turnover rate is well above acceptable and the defensive play far too loose overall, Toronto's record after six games is the best the franchise has seen in 20 years.

The fifth win was an exciting one — a 6-5 comebacker over Edmonton Saturday — but it came with a caveat: The comeback likely doesn't happen against a more experienced team than the Oilers.

So Carlyle continues to show video and stress details at practice, and hope his club realizes, before it's too late, that they won't continue to have success against a defensively tight group like Minnesota if they fail to tighten up their defensive play.

"No matter how you play early in the season, you are always tinkering with aspects of your game," forward Joffrey Lupul said.

"We are pleased that we won that game (against the Oilers) and it took a lot to win the game … but we can't continue to play the same way we did in that game against other teams and expect to have success."

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Horoscopes

♈ Aries
March 21 - April 20
Some of the things you have to do today may seem dull but there are ways to make them more interesting. There is no such thing as a boring job. It's as exciting as you make it.

♉ Taurus
April 21 - May 21
There is a genuine chance that one of your most cherished dreams will come true by the end of the week. Be super positive about it and don't listen to those who tell you not to get your hopes too high.

♊ Gemini
May 22 - June 21
You will find it easier to understand why some people act the way they do but you won't find it easier to forgive them. You demand certain standards so others need to shape up or ship out.

♋ Cancer
June 22 - July 23
You may have to make a sacrifice today but it will be worth it. Do what others expect of you and, if possible, with a smile on your face. Make life easy for others and for yourself.

♌ Leo
July 24 - Aug. 23
Life may be a serious business but you don't have to be a grouch about it. The planets urge you to focus on the funny side of whatever annoying situation you find yourself in.

♍ Virgo
Aug. 24 - Sept. 23
Mars, planet of energy, moves into your sign today, so you will be pushing yourself even harder than you usually do. That's great but be warned that if you try to do too much too soon, it could all go wrong.

♎ Libra
Sept. 24 - Oct. 23
Why are you looking over your shoulder? Most likely it's the influence of Mars in the most sensitive area of your chart. Ignore it and go about your business.

♏ Scorpio
Oct. 24 - Nov. 22
You can expect amazing times in the days and weeks ahead. You may not want to do anything specific yet but start making plans. Get your friends involved. The more you share, the more you will succeed.

♐ Sagittarius
Nov. 23 - Dec. 21
The movement of Mars across the most ambitious angle of your chart today will help you to believe that all things are possible. However, you must have a clear vision of what it is you want to achieve.

♑ Capricorn
Dec. 22 - Jan. 20
What currently seems difficult is about to come easy. It may even appear to happen as if by magic. The more positive an attitude you adopt, the more fantastic the results will be.

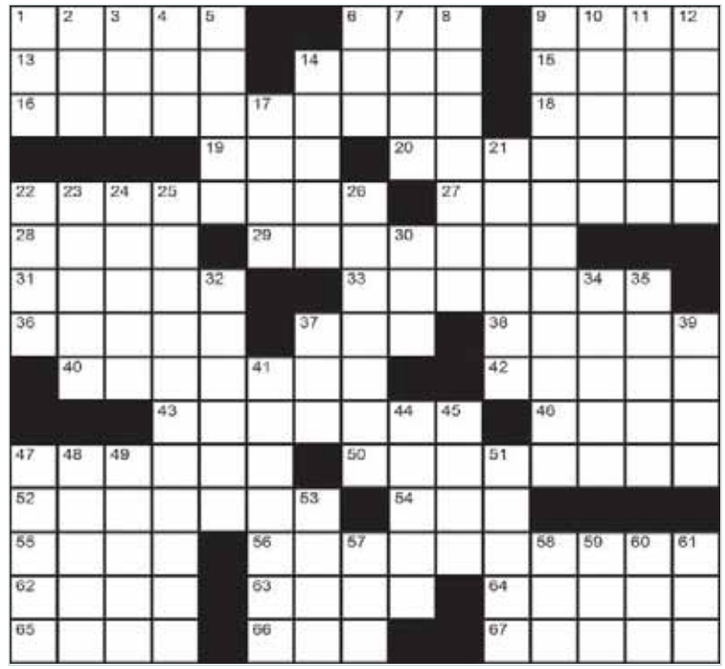
♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to fear what you don't understand but that seems to be the case right now. How do you overcome it? By finding out as much about it as you possibly can.

♓ Pisces
Feb. 20 - March 20
As Mars moves into your opposite sign, you will find some people rub you the wrong way and it could lead to a few bad words between you. Even a Pisces gets snappish once in a while. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

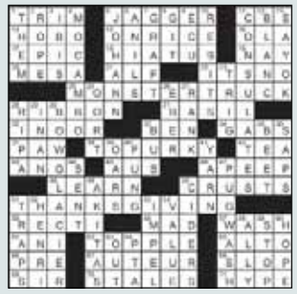
BY KELLY ANN BUCHANAN



Across
1. News station on "The Mary Tyler Moore Show"
6. Dictionary abbr.
9. Shut down
13. Eagle's nest [var. sp.]
14. Sacred Buddhist peak
15. Bright fish
16. Mercedes-Benzes: 2 wds.
18. 'Motor' suffix
19. Buck's partner
20. In a dangerous manner
22. __ Son, as in The Bible
27. In layers
28. River of England
29. Pained: 2 wds.
31. Supermodel Ms. Nemcova
33. Hostilities
36. Family of lambs
37. After-R trio
38. '60s song: "Shake _ __ Feather"
40. Gilda Radner character from SNL, Lisa __
42. Wild dog of Australia
43. Most tidy
46. Egg holders, for short
47. Actor Mr. Wood
50. Yukon: __ Trail National Historic Site of Canada
52. Labradorite = Feldspar __
54. "Am _ __ brother's keeper?"
55. __-Seltzer
56. Stories about Vikings, for example: 2 wds.
62. Valley variety
63. Mr. Wyle
64. The end.
65. Director Mr. Pollack, et al.
66. Classic TV Cousin
67. '50s group, Frankie __ & The Teenagers

Down
1. __-Mart
2. Game: French
3. Mystery man, __. _
4. Ancient war god
5. Rigoletto opera composer
6. Org. for US physicians
7. Author, Earl __ Biggers
8. Tourist
9. Duncan, BC's huge Douglas Fir created attraction: 2 wds.
10. Bit of "Send in the Clowns": "Are we _ __?"
11. Soup scooper
12. We'd opposite
14. Pacific place
17. Mr. Bear
21. Irish songstress
22. Bursts balloons
23. "The Fisher King" (1991) Oscar-winner Mercedes
24. Prefix with 'arthritis'
25. Item from her mom's fashion line that Beyonce is wearing in "Single Ladies": 2 wds.
26. French artist, Henri de Toulouse-__ (b.1864 - d.1901)
30. Wildebeest
32. Materialize
34. So much, in music
35. "__ _' the Times" by Prince
37. Fixed
39. Confused
41. NWT: __ National Park Reserve
44. __ kebab
45. Clock purpose
47. Online publications, e.g.
48. Canadian actress, Evangeline __
49. Signed, as a deal
51. Disinfectant brand
53. Swag
57. Rodent
58. "Judging __"
59. Ring rock
60. Back then
61. Francisco's friend?

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3			2		7			
5	9						3	2
	1			3		7		
	4		5	7				6
		5				2		
8				4	2		1	
		8		2			4	
6	2						5	9
			9		3			8

Friday's Sudoku

7	1	9	6	2	3	8	4	5
2	5	3	8	1	4	7	9	6
8	6	4	5	7	9	1	2	3
6	4	5	1	3	8	9	7	2
3	9	7	2	4	5	6	8	1
1	8	2	9	6	7	5	3	4
4	2	1	7	9	6	3	5	8
5	7	6	3	8	2	4	1	9
9	3	8	4	5	1	2	6	7

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17°/10°
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Wednesday
18°/9°
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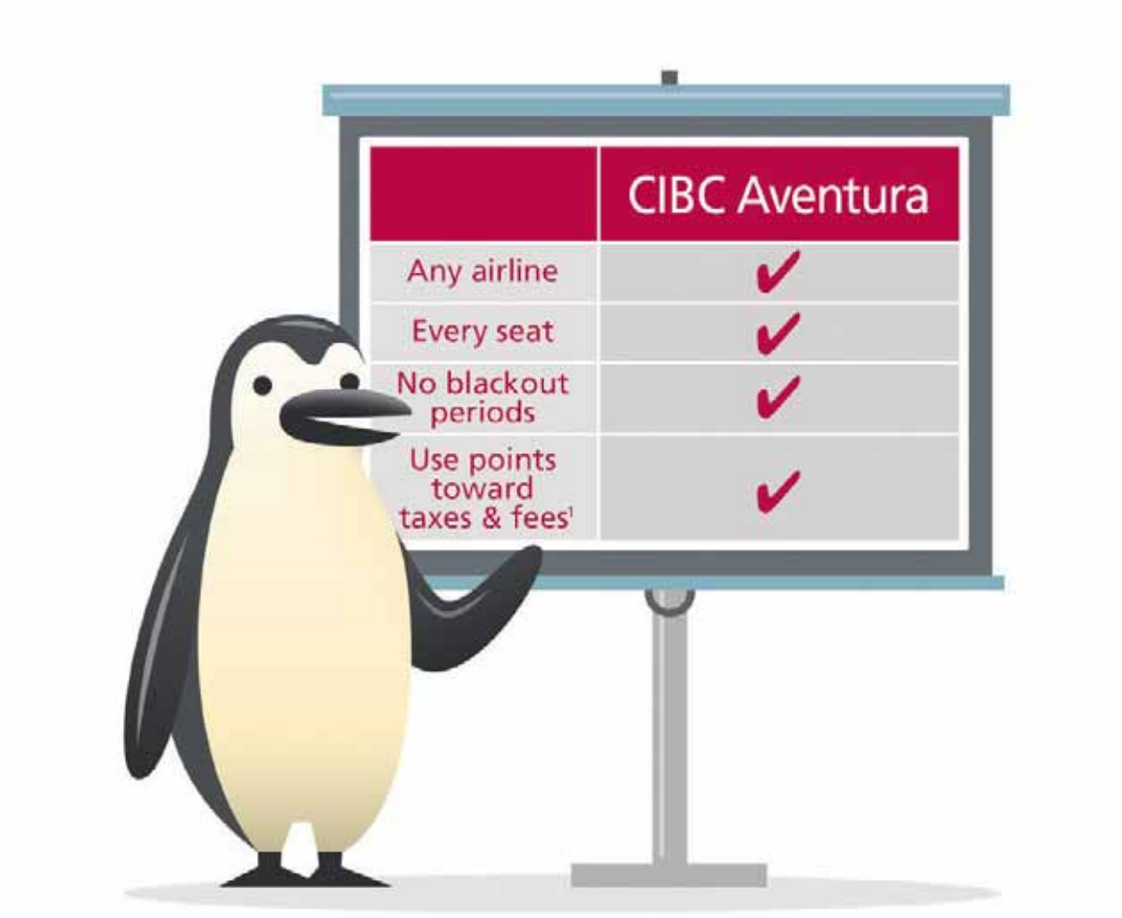

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